



# Carbon County

## Senior Activities Center

### 450 S. Fairgrounds Way

### 435-636-3202

## Easy Food Tips for Heart-Healthy Eating

Eating lots of foods that are high in fat (especially saturated fat) and cholesterol isn't good for you. The reason is that a high-fat, high cholesterol diet can raise the level of cholesterol in your blood. This can speed the development of atherosclerosis, which is the buildup of fatty deposits on the inner walls of arteries. If your arteries become narrowed by fatty deposits, they may close or become blocked by a blood clot. When one of the heart's arteries is blocked, a heart attack results. Of course, many factors affect a person's risk of heart disease. But eating a low-fat,

low cholesterol diet may reduce one of your risks for heart attack. The American Heart Association recommends that you **reduce your fat intake to less than 30 percent of your total calories**. Use this as a guide to monitor your fat intake:

If You Consume	Eat
1,500 calories per day or less	50 g of fat or less daily
2,000 calories per day or less	65 g of fat or less daily
2,500 calories per day	80 g of fat or less daily

**Here are some simple tips to help you get started.**

1: Use Nonfat Products.

To reduce your fat intake:

Eat more fruits, vegetables

and their juices. Most are naturally low in fat... and high in vitamins and minerals. Here are some other ways to reduce fat in your food.

Try	Instead of
Buttered-flavored granules	Butter or margarine
Nonfat yogurt	Regular yogurt
Nonfat salad dressings	Regular salad dressings
Angel food cake	Devil's food cake
Fat-free cookies and crackers	High-fat cookies and crackers

2: Choose Low-Fat Products.

Take the low-fat challenge!  
Compare different products.

Try	Instead of
Baked tortilla chips* Pretzels* or low-fat potato chips	Fried tortilla chips regular potato or corn chips
Low-fat salad dress- ings	Regular salad dress- ings
Diet margarines, mustard, ketchup or low-fat mayonnaise	Regular margarines Regular mayonnaise
Ready-to-eat cereals	Granola
Low-fat crackers or rice cakes	High-fat crackers  *To keep your so- dium intake at a mod- erate level, choose reduced sodium products.

3: Use Lean Meats.

Guess what food adds more  
fat to the American diet than  
any other food? (Hamburger)

Choose fish, chicken, turkey  
and lean cuts of beef and  
fork.

Try	Instead of
Tuna packed in wa- ter	Tuna packed in oil Deep-fried fish
Baked fish	Dark-meat poultry
White-meat poultry	Beef labeled "Prime"
Beef labeled "Select" or "Choice"	
Lower-fat hot dogs, luncheon meat and other processed meat	Regular hot dogs and other processed meat
Lean Ham	Bacon and sausage
Soup and salad	Hamburger and fries

Remove the skin from poultry  
to cut about half of the fat.  
Fried chicken has about twice  
as much fat as baked  
chicken. How much meat  
should you eat? The recom-  
mended size of one serving  
(about 3 ounces) of cooked  
meat is about the size of a  
deck of cards.

4: Switch to Skim Milk or  
1/2% Fat Milk.

Gradually reduce the fat con-  
tent of the milk you drink.  
Start with 2%... Then try 1%...  
And finally 1/2% or skim milk.

- Buttermilk made with skim  
milk is a low-fat alternative  
to whole milk.
- Substitute skim milk for  
whole milk in cooking.
- Evaporated skim milk  
(canned) is a great low-fat  
substitute for cream or half  
-n-half.
- Compare the fat content of  
the following:

Grams of Fat Per One Cup  
Serving

Skim milk	less than 1 g
1/2% fat milk	1 g
Buttermilk	2 g
1% fat milk	3 g
2% fat milk	5 g
Whole milk	8 g

5: Enjoy Low-Fat and Nonfat  
Cheeses and Dairy Prod-  
ucts.

Try	Instead of
Nonfat/ low-fat cheese skim milk mozzarella cheese, cottage cheese and reduced-fat ricotta cheese	Regular cheeses
Nonfat or low-fat sour cream	Regular sour cream
Nonfat or low-fat yogurt	Regular yogurt

Pre-sliced cheese may help  
you control portion sizes.

6: Try Nonfat and Low-Fat  
Puddings, Frozen Desserts.

I scream, we all scream  
for..frozen yogurt. Times  
have changed! Compare the  
fat content of these dessert  
alternatives to the high-fat  
standards. All servings are  
1/2 cup, except frozen fruit  
and ice cream bars.

g = grams of fat per serving

Try	Instead of
Frozen fruit bars 0 g	Ice cream bars 11-20 g
Pudding (made with skim milk) 0 g	Pudding (made with whole milk 5-6 g
Sherbet 1 g	
Frozen low-fat yogurt 2g	Ice cream (10% fat) 5- 6g
Ice Milk 2-3 g	Ice cream (16% fat) 10- 18 g

## 7: Enjoy Low-Fat Breads, Cereals and Pastas.

Try		Instead of	
Bagel	2 g	Doughnut	14 g
Hot cereal	2 g	Pastries	38 g
English muffin	1-2 g	Muffin	5-12g
Bread (2 slices)	1-2g	Croissant	12 g
Corn tortilla, 6"	2 g	Biscuit (2oz)	7 g

g = grams of fat per serving

Baked potatoes have almost no fat, and pasta has about than 1 g of fat per serving. Choose low-fat toppings.

## 8: Use Egg Whites or Egg Substitutes.

Did you think you couldn't eat eggs? The yolk's on you! Eat no more than 3-4 egg yolks per week!

Use egg whites or egg substitutes instead of whole eggs:

- In making scrambled eggs and omelet's
- In nonfat cooked frostings (try vanilla, almond and mint versions)
- In making cakes, cookies and muffins
- In making baked meringues ( a great substitute for high-fat cookies and pastry shells)

Trying poaching eggs in-

stead of frying them. General guide: Use two egg whites for each whole egg, or use egg substitutes.

## 9: Use Less Fat in Cooking.

More tips to cut the fat!

Try to limit the amount of fat you eat to no more than 5-8 teaspoons per day, including what you use in cooking.

- Bake, broil, boil, steam, poach or microwave foods instead of frying them.
- Use nonstick vegetable oil cooking sprays.
- Enjoy the taste of foods without sauces and gravies or.... Use nonfat/low-fat versions.

## Compare the Fat

Grilled chicken 3g	Fried chicken 30g
Baked potato 0.2g	Fried potato 12 g

## What's New About Food Labels?

It's simple. Healthy eating has never been easier, thanks to the new nutrition label.

Here's the good news:

- Most foods in the grocery store must now have a nutrition label and an ingredient list.

- You can buy with confidence. Claims like "low cholesterol" and fat free" can be used only if a food meets new legal standards set by the government.

You are looking at a new label if it's titled "nutrition Facts". Old labels may still be around for a while, so don't be surprised if you see them.

## Why read the Labels?

Read the label to help choose foods that make up a healthful diet. Eating a healthful diet can help reduce your risk factors for some diseases. For example, too much saturated fat and cholesterol can raise blood cholesterol ( a risk factor for heart disease). Too much sodium may be linked to high blood pressure in some people. High blood pressure is a risk factor for heart attack and stroke.

No one food can make you healthy. In addition to eating healthful foods, stay active, don't smoke, and watch your weight!

	CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
MON	Blood Pressure 2nd & 4th Monday at 10:00a	Billiards daily 8a-4p Shop Fresh Market 1p Shop 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays "Music of the Heart"	Bingo (American Legion Auxiliary) at 6p
TUE		Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Pilates at 11:00a	The Four Tune O's 1st & 3rd Tues 11:30a /	
WED		Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p	Melody Five at 11:30a	
THU	On going Daily Activities: Subject to Change without Notice Computer Class: Call Center for info 636-3202	Billiards daily 8a-4p Cards/Game 1p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Pilates at 11:00a	James (Jimmy)Eaquito 1st & 3rd Thurs Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p Quilters 3rd Thurs at 1p Carbon County Historical Society last Thurs of month
FRI	Free Hearing & Hearing Aid Checks 2nd Fri. at 12:30pm	Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p	Exercise Gym open daily 8a-4p		

<b>East Carbon</b>	
<b>Classes &amp; Activities</b>	<b>Day &amp; Time</b>
<b>The Four Tune O's</b>	1st & 3rd Monday 11:30am
<b>Lunch</b>	Daily ( Mon –Fri) 12:30pm
<b>Bingo</b>	Wed, 1:30pm
<b>Blood Pressure</b>	1st & 3rd Weds of month 10:30am
<b>Shopping in Price</b>	Friday 1:30pm
<b>Billiards</b>	Daily During Business Hours

3		1				2		
			7				8	
	8						3	1
				7				4
6			9		8			7
9				2				
2	9						7	
	5				9			
		3				8		6

6	9	8	7	5	2	3	4	1
2	4	1	6	8	3	6	5	7
3	7	5	6	4	1	8	9	2
8	1	6	5	2	4	7	3	9
7	5	3	8	1	9	4	2	6
4	2	9	3	7	6	5	1	8
1	3	7	2	6	5	9	8	4
9	8	4	1	3	7	2	6	5
5	6	2	4	9	8	1	7	3

# **Culture Connection at the Price Peace Gardens**

**Thursday 7pm-9pm and Saturday 10am –12pm**

Aug 5th / Al Shakespeare

Aug 7th / Mary Lou Steele

Aug 12th / Charlie Simmons

Aug 19th / Kristy Woodhouse and Ron Patterson

Aug 26th / Frankie and Ollie

Aug 28th Out the Back Door



**WANT TO BE OF SERVICE ?  
ANNUAL AARP DAY OF SERVICE  
SEPTEMBER 14TH  
WATCH FOR MORE INFORMATION**

# Senior Bowling

## High Scores

Evelyn Pretiger 140  
May Marchello 154  
Katie Eaquinto 160  
John Polito 136  
Elnora Clark 161  
Bill Minnick 203  
Dora Smith 121  
Earline Jenkins 173  
Jake Leyba 167  
Tonie Leyba 171  
Don King 179  
Mary Lou Steele 178  
Joan Neider 147  
Nora Aragon 125  
Doug Hintze 192  
Pat Modes 134  
Juan Medina 164  
Helen Zavala 116  
Del VanWagoner 214  
Rusty Van Wagoner 109  
Bill Wryon 181  
Andy Oman 155  
Carolyn Oman 181

## High Series

Tonie Leyba 171+119+159=449  
Earline Kenkins 173+133+138=444  
Mary Lou Steele 133+178+141=452  
Del VanWagoner 214+142+199=555  
Bill Minnick 169+198+188=555  
Doug Hintze 150+183+192=535

## Splits

Joan Neider 4-5/5-7/5-6  
Evelyn Pretiger 4-5/5-6  
Katie Eaquinto 4-5/5-7/5-8-10  
John Polito 4-5/5-6  
Elnora Clark 5-6/5-7/4-5  
Earline Jenkins 5-7  
Tonie Leyba 4-5  
Del VanWagoner 4-5  
Jake Leyba 5-6  
Bill Wryon 4-5  
Dora Smith 4-5/2-10  
Andy Oman 4-5  
May Marchello 4-5/5-6

## Strike Pot

John Polito  
Bill Minnick  
Elnora Clark  
Tonie Leyba





**Directions to the New Senior Citizen Center**

**Legend:**

- ★ Senior Center
- Route 1 - 3.02 Miles
- Route 2 - 2.45 Miles

**Map Details:**

- Old Senior Center:** Located at the intersection of Main St and 100 S.
- New Senior Center:** Located at the intersection of Fairgrounds Rd and 250 S.
- Route 1 (Red Arrows):** Old Senior Center → Main St → 100 S → 200 S → 300 S → 400 S → 500 S → 600 S → 800 S → 1000 S → 1100 S → 750 W → 430 W → 450 W → 530 W → 600 W → Fairgrounds Rd → New Senior Center.
- Route 2 (Blue Arrows):** Old Senior Center → Main St → 100 S → 100 N → 100 W → 600 W → Main St → J St → J St → 600 W → Price River Dr → 100 N → 100 W → Hospital Dr → Westwood Blvd → Fairgrounds Rd → New Senior Center.



**Directions to the New Senior Citizen Center**

**Legend:**

- ★ Senior Center
- Route 1 - 3.02 Miles
- Route 2 - 2.45 Miles

**Map Details:**

- Old Senior Center:** Located at the intersection of Main St and 100 S.
- New Senior Center:** Located at the intersection of Fairgrounds Rd and 250 S.
- Route 1 (Red line):** Old Senior Center → Main St → 100 S → 200 S → 300 S → 400 S → 500 S → 600 S → 800 S → 1000 S → 1100 S → New Senior Center.
- Route 2 (Blue line):** Old Senior Center → Main St → 100 N → 100 W → 100 S → 200 S → 300 S → 400 S → 500 S → 600 S → 800 S → 1000 S → 1100 S → New Senior Center.
- Other Streets:** Carbonville Rd, Hospital Dr, Westwood Bv, Price River Dr, Main St, J St, Price Ln, Fairgrounds Rd, Rose Ave, Wood Hill Rd, Park Dr.
- Compass Rose:** Located in the top left corner, pointing North.

**Directions to the New Senior Citizen Center**

**Legend:**

- ★ Senior Center
- Route 1 - 3.02 Miles
- Route 2 - 2.45 Miles

The map shows the following streets and landmarks:

- Streets:** CARBONVILLE RD, HOSPITAL DR, WESTWOOD BV, FAIRGROUNDS RD, PRICE LN, PRICE RIVER DR, MAIN ST, J ST, WOOD HILL RD, PARK DR, 290 N, 1230 W, 1290 W, 600 W, 100 N, 100 S, 200 N, 200 S, 300 S, 400 S, 500 S, 600 S, 800 S, 1000 S, 1100 S, 750 W, 430 W, 450 W, 530 W, 600 W, 1250 S, 1300 S, 100 E, 100 W, 200 W, 300 W, 400 W, 500 W, 600 W, 700 W, 800 W, 900 W, 1000 W, 1100 W, 1200 W, 1300 W, 1400 W, 1500 W, 1600 W, 1700 W, 1800 W, 1900 W, 2000 W, 2100 W, 2200 W, 2300 W, 2400 W, 2500 W, 2600 W, 2700 W, 2800 W, 2900 W, 3000 W, 3100 W, 3200 W, 3300 W, 3400 W, 3500 W, 3600 W, 3700 W, 3800 W, 3900 W, 4000 W, 4100 W, 4200 W, 4300 W, 4400 W, 4500 W, 4600 W, 4700 W, 4800 W, 4900 W, 5000 W, 5100 W, 5200 W, 5300 W, 5400 W, 5500 W, 5600 W, 5700 W, 5800 W, 5900 W, 6000 W, 6100 W, 6200 W, 6300 W, 6400 W, 6500 W, 6600 W, 6700 W, 6800 W, 6900 W, 7000 W, 7100 W, 7200 W, 7300 W, 7400 W, 7500 W, 7600 W, 7700 W, 7800 W, 7900 W, 8000 W, 8100 W, 8200 W, 8300 W, 8400 W, 8500 W, 8600 W, 8700 W, 8800 W, 8900 W, 9000 W, 9100 W, 9200 W, 9300 W, 9400 W, 9500 W, 9600 W, 9700 W, 9800 W, 9900 W, 10000 W.
- Landmarks:** Old Senior Center, New Senior Center.

**Directions to the New Senior Citizen Center**

**Legend:**

- ★ Senior Center
- Route 1 - 3.02 Miles
- Route 2 - 2.45 Miles

The map shows the following streets and landmarks:

- Streets:** CARBONVILLE RD, HOSPITAL DR, WESTWOOD BV, FAIRGROUNDS RD, PRICE LN, PRICE RIVER DR, MAIN ST, J ST, WOOD HILL RD, PARK DR, 290 N, 1230 W, 1290 W, 600 W, 100 N, 100 S, 200 N, 200 S, 300 S, 400 S, 500 S, 600 S, 800 S, 1000 S, 1100 S, 750 W, 430 W, 450 W, 530 W, 600 W, 1250 S, 1300 S, 100 E, 100 W, 200 W, 300 W, 400 W, 500 W, 600 W, 700 W, 800 W, 900 W, 1000 W, 1100 W, 1200 W, 1300 W, 1400 W, 1500 W, 1600 W, 1700 W, 1800 W, 1900 W, 2000 W, 2100 W, 2200 W, 2300 W, 2400 W, 2500 W, 2600 W, 2700 W, 2800 W, 2900 W, 3000 W, 3100 W, 3200 W, 3300 W, 3400 W, 3500 W, 3600 W, 3700 W, 3800 W, 3900 W, 4000 W, 4100 W, 4200 W, 4300 W, 4400 W, 4500 W, 4600 W, 4700 W, 4800 W, 4900 W, 5000 W, 5100 W, 5200 W, 5300 W, 5400 W, 5500 W, 5600 W, 5700 W, 5800 W, 5900 W, 6000 W, 6100 W, 6200 W, 6300 W, 6400 W, 6500 W, 6600 W, 6700 W, 6800 W, 6900 W, 7000 W, 7100 W, 7200 W, 7300 W, 7400 W, 7500 W, 7600 W, 7700 W, 7800 W, 7900 W, 8000 W, 8100 W, 8200 W, 8300 W, 8400 W, 8500 W, 8600 W, 8700 W, 8800 W, 8900 W, 9000 W, 9100 W, 9200 W, 9300 W, 9400 W, 9500 W, 9600 W, 9700 W, 9800 W, 9900 W, 10000 W.
- Landmarks:** Old Senior Center, New Senior Center.

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**Directions to the New Senior Citizen Center**

**Legend:**

- ★ Senior Center
- Route 1 - 3.02 Miles
- Route 2 - 2.45 Miles

**Map Details:**

- Old Senior Center:** Located at the intersection of Main St and Price River Dr.
- New Senior Center:** Located at the intersection of Fairgrounds Rd and Price Ln.
- Route 1 (3.02 Miles):** Indicated by a red line with arrows, starting from the Old Senior Center, heading south on Main St, then west on Price River Dr, and finally south on Fairgrounds Rd to the New Senior Center.
- Route 2 (2.45 Miles):** Indicated by a blue line with arrows, starting from the Old Senior Center, heading north on Main St, then west on Price River Dr, and finally south on Fairgrounds Rd to the New Senior Center.
- Streets:** Carbonville Rd, Hospital Dr, Westwood Bv, Fairgrounds Rd, Price Ln, Price River Dr, Main St, Wood Hill Rd, and others.
- Scale:** The map includes a scale bar indicating distances in miles.



Dear Seniors,

August 2010

I'd love to be able to give you the exact date for our move to the new center but, unfortunately I cannot at this point. I can tell you that the work is being completed at an amazing rate. Each week when I walk through the building I am amazed at how much has been accomplished. I can assure you that the contractor wants to be finished as much as we want to take possession. I can also tell you that the building is absolutely beautiful.

A new building has been a dream of the senior community for many years, but I don't think the seniors envisioned a building as wonderful as the one we will be moving into. When we do get moved and settled into our new building I plan to have an open house and invite, not only all of Carbon County's seniors, but the whole community for a tour.

In the mean time we continue with activities and programs. The Payson Salmon Supper is just around the corner, and the "Fall Balloon Fiesta" isn't far behind. I know many of the seniors are looking forward to these two events. We usually plan a day in September to go to Green River Melon Days, I would appreciate it if you would let us know if any are interested in this outing by contacting Tammy at the center.

Leonard Miller, representing AARP, is planning for a "day of service" for seniors. The Annual AARP Day of Service is scheduled to take place on September 14th. If you would like to be involved or have any ideas for needed service projects Leonard would appreciate a call or you can contact the senior center. Please watch the newsletter for updates on this project.

May God bless each of you!

Debby

*Thoughts to consider:*

*The happiest of people don't necessarily have the best of everything: They just make the most of everything that comes along their way.*

*May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy.*